

*Celebrate Good Health!*

# HOWARD COUNTY MEN'S HEALTH FAIR 2009

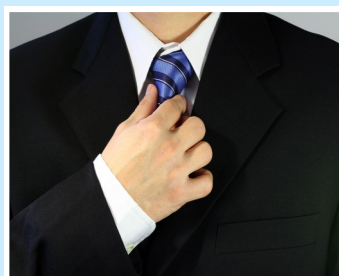
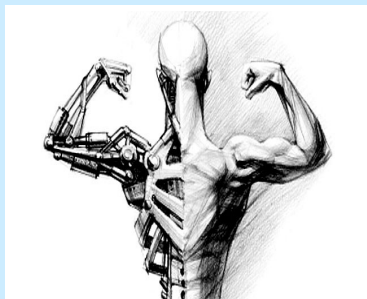
*Hosted by Congressman Elijah E. Cummings, Council Member Calvin Ball  
&  
Howard County Health Department*

**Saturday, October 24, 2009  
10 am to 2 pm**

Howard High School

8700 Old Annapolis Road, Ellicott City, MD

**Health information, free screenings, fitness demonstrations  
and much more!**



For more  
information call  
410-465-8259

**FREE Confidential Health Screenings!**  
Provided by Howard County General Hospital  
& Howard County Health Department

Body Fat Analysis  
Blood Pressure Screenings  
HIV Screenings

**FREE Dental Screenings** provided by Priority Partners  
of Johns Hopkins University

**Health Information on:**  
Healthy Food Samples  
Healthy Meal Suggestions  
Nutrition...and more!

**Fitness Demonstrations by:**

Crazy 88 Brazilian Jiu-Jitsu  
Lifetime Fitness  
Top Shape

**Featured Exhibitors!**

Howard County Recreation and Parks  
American Cancer Society  
BodyWise Physical Therapy  
Maryland Cooperative Extension  
Just to name a few!

